



There's no use pretending. Most of us have "dishpanitis". Just why do we dislike to wash dishes? Is it because it takes so much time? Are our working arrangements and equipment not what we need? Or, is it the way we think about it; or the way we do it?

Many times you probably have wished that eating three meals a day could be done without leaving dishes, pots and pans to wash. Since that wish can't come true, let's check up on our dishwashing problems and see if we can make it easier—even fun!

The following suggestions will help you:

PLAN A CONVENIENT DISHWASHING CENTER

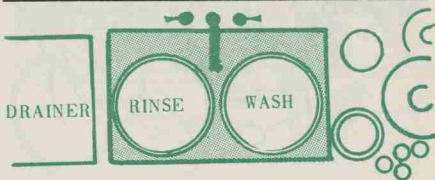
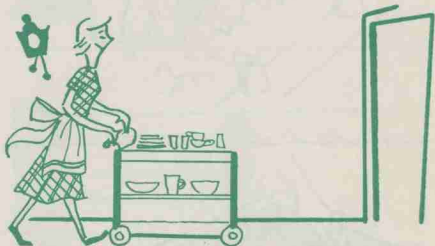
Most convenient is the new type double-bowl sink with a dish drainer in bowl *on left* if you are right-handed, or on right if you are *left-handed*.

If you have a single bowl sink, you can use a dishpan for rinsing with pan on left, if right-handed, or on right if left-handed.

If you have no sink, you can arrange dishpans and other equipment on table or cabinet to work in same way you would with a sink.

OTHER CONVENIENCES TO MAKE DISHWASHING EASIER

Wheel table or tray is handy to carry dishes from one place to another—also excellent for making other housekeeping jobs easier.

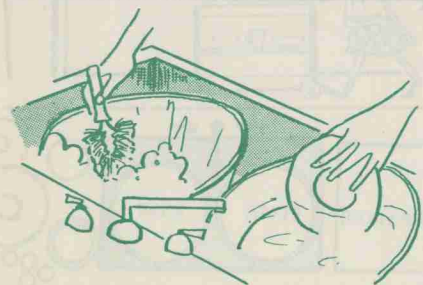
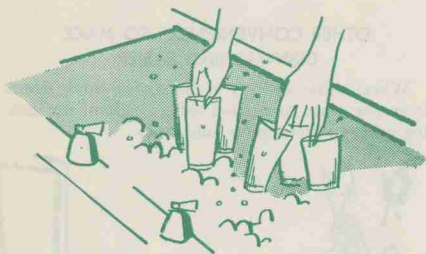
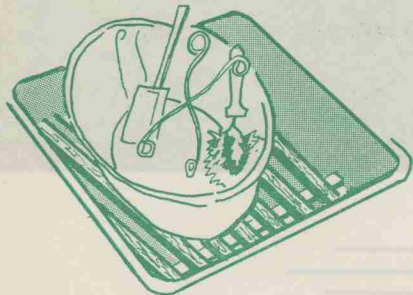


A slatted wooden rack under dishpan will help if sink or table is too low for you. It's easy to make at home.

A low sturdy box or platform to stand on helps if you are too short for sink or counter.

Rubber scraper, paper towels or pieces of old newspaper to clean dishes for washing.

Brush for washing — round vegetable type — can be squeezed together if too large to go into glasses and cups. It cleans crevices and around handles better than a dish cloth or mop and is easier to keep clean and sanitary.



Tongs are handy to lift dishes from hot rinse water.

Suitable, comfortable clothes (especially shoes) and a good frame of mind will help lots, too. "Whistle while you work", or sing, or talk to someone—if in kitchen.

Now, with needed dishwashing conveniences ready, let's look at the job of washing the dishes from start to finish. Any job has three parts: getting ready - doing - and cleaning up.

GET READY

1. Wash hands.
2. Wipe greasy pans with paper. Cooking utensils should be filled with water to soak as soon as they are emptied of food. Use hot water for sugar and grease and cold water for starchy foods, eggs and milk.
3. Put away left-over food.
4. Scrape, sort and stack dishes on wheel table or tray; using scraper, paper towels or napkins. Stack according to size and kind of dish. Take to washing center. If you have a sink you may wish to rinse dishes slightly before washing. It keeps dish water cleaner.
5. Stack soiled dishes right of sink or dishpan (on left if you are left-handed).
6. Prepare hot suds (water as hot as your hands can stand). Use mild soap or "syndet" (synthetic detergent).
7. Place hot rinse water and dish drainer on your left, or dish drainer in left bowl if you have a double bowl sink. Reverse this order if you are left-handed.
8. Have washing brush (or cloth if you prefer) and drying towel handy.

WASH DISHES—POTS—PANS

1. Wash glassware first, then silver using both hands to pick them up and put into wash water.
2. Use fewest motions possible as you wash and rinse. Learn to avoid crossing hands or changing dishes from hand to hand to get them from wash to rinse to drainer.
3. Wash china.
4. Some people put dishes out of suds into dish drainer on drain board and pour scalding water over them from tea kettle. This may not get all suds off and takes extra time and motions; also glasses and cups need to be turned to drain after scalding. It is better to put dishes into pan or sink bowl of hot water for several minutes, lift out with tongs or wooden spoon into dish drainer.
5. Dry only sterling and thin-plated silver, and iron utensils. Actually, it isn't necessary to dry any

type silver if your drainer has an attached silver basket in which silver will stand up for easy draining. It won't drain well if pieces lie flat on top of each other.

6. Wash pots and pans. If they are put to soak as soon as food is emptied from them, very little special scrubbing will be necessary. For stubborn spots on aluminum, stainless steel and enamel use *only* fine steel wool soap pads (or better, the cleaner recommended by manufacturer). *Avoid* coarse scouring pads or powders; they make scratches except on iron utensils.

CLEAN UP AND PUT AWAY

1. Wipe off range after each use; it will prevent an accumulation of grease and dirt that will be harder and take more time to clean later.
2. Wash dishpans and sink. Store dishpans near sink.
3. Store cooking utensils and equipment near where used first or most often: dishwashing center or range; avoid having them too high or too low.
4. Leave regularly used dishes in the drainer which can be carried to eating table for setting the next mealtime. This saves a lot of time and motions.

If you insist on storing dishes after each meal, store them near left of sink or washing center to save steps and motions. Plan and arrange shelves, dish racks, cup racks, etc., so that each type dish can be reached easily without moving or reaching behind others.

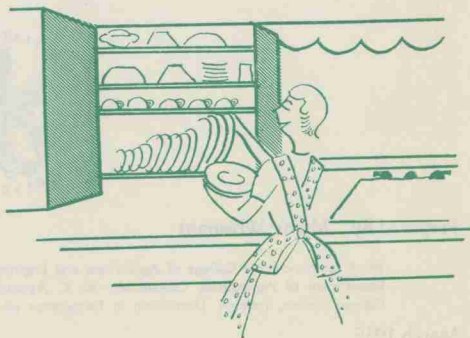
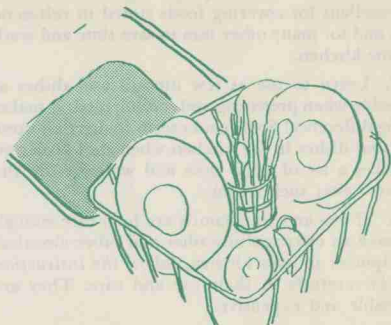
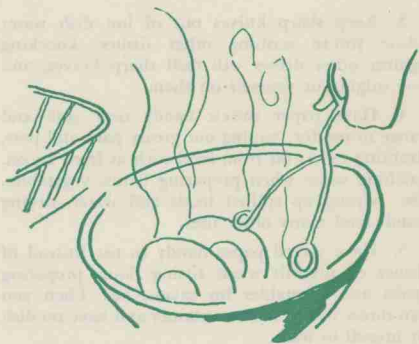
5. Wipe off table top and work counters.
6. Wash dish towels and brushes in hot suds; rinse thoroughly. Hang up to dry. Have towel rack near sink or dishwashing center.
7. Wash hands and apply hand lotion.

OTHER DISHWASHING SUGGESTIONS AND SHORTCUTS

1. Keep wash water and rinse water *clean* and *hot*; change waters before they get cold and dirty.

It is important to remember that you wash dishes to kill germs and bacteria and to prevent spread of colds and other diseases in the family and people who eat with you.

2. Dishes used by any person with a contagious disease (cold or other) should be handled separately from other dishes after other dishes have been washed. Wash and scald, boil, or dip them in chlorine rinse. Brushes, dishcloths, and sponges used on such dishes also should be boiled or disinfected.



3. Keep sharp knives out of hot dish water while you're washing other dishes; knocking against other dishes will dull sharp knives, and you might cut yourself on them.

4. Have paper towels handy near sink and range to use for: wiping out greasy pans and pots, draining excess fat from food such as fried bacon, catching waste when preparing fruits, vegetables, etc., wiping up spilled foods and water, drying hands—and many other uses.

5. Have waxed paper handy to use instead of dishes or utensils when sifting flour, preparing fruits and vegetables for salads, etc. Then you can throw it into waste container and have no dish or utensil to wash.

6. Use aluminum foil to line broiler pan when broiling meats, and under pies in oven (or other foods that may cook over or juices ooze out); it saves a lot of work keeping range clean. It also is excellent for covering foods stored in refrigerator, and for many other uses to save time and work in the kitchen.

7. Learn to use as few utensils and dishes as possible when preparing and serving food; it makes a big difference! Some cooks seem to dirty *all* utensils and dishes in the kitchen when they cook and it takes a lot of extra time and work to "do the dishes" after such a cook.

8. If you and your family are fortunate enough to have an electric dishwasher and other electrical equipment in your kitchen, *follow the instruction books carefully* in their *use* and *care*. They are valuable and expensive.

9. Keep some good hand lotion near your kitchen sink or dishwashing center and use it faithfully; it will help to prevent "dishpan hands" which you surely don't want!

REQUIREMENTS FOR COMPLETION OF DISHWASHING UNIT

Juniors:

1. Wash the dishes once like you have been doing it and as you work, have someone (mother or sister) jot down the time it takes you, and how many steps and stoops you make from start to finish.

2. Study carefully each step of the new method and see where it is different from the way you have been washing dishes.

3. Make at least *one* needed improvement in your dishwashing center.

4. Make at least *one* improvement in your method of *getting ready* to wash dishes.

5. Wash dishes at least *3 times* (3 different meals) by the new method. Compare with your method, then decide how you can improve your method.

6. Wash dishes at least *1 week* (21 meals) using your improved method.

7. Write a story of your work on dishwashing telling about improvements you have made, how much time, and steps and stoops you are now saving by using a better method.

Seniors:

1. Same as No. 1 for Juniors.

2. Study carefully the new method and compare with your present method.

3. Make at least *3* improvements in your dishwashing center; get the interest and cooperation of your parents.

4. Make at least *3* improvements in your method of getting ready to wash dishes.

5. Same as No. 5 for Juniors.

6. Wash dishes at least *4 weeks* (or 84 meals) using improved method.

7. Same as No. 7 for Juniors.



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